

Contents

Contributors	vii
Foreword.....	ix
Preface.....	xi
Acknowledgments	xiii

SECTION 1 • THE KNEE..... 1

Section Editor: Mark D. Miller

Section A Introduction	5
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section B Anterior Cruciate Ligament Injuries.....	13
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section C Posterior Cruciate Ligament Injuries	24
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section D Posterolateral Corner and Lateral Collateral Ligament Injuries	38
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section E Posteromedial Corner and Medial Collateral Ligament Injuries.....	45
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section F Multiligamentous Knee Injuries.....	50
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section G Meniscus Injuries.....	55
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section H Patellar Instability.....	70
<i>Ian J. Dempsey and Mark D. Miller</i>	
Section I Osteochondritis Dissecans and Osteochondral Injuries.....	84
<i>Ian J. Dempsey and Mark D. Miller</i>	

SECTION 2 • THE SHOULDER..... 93

Section Editor: Brian C. Werner

Section A Introduction	96
<i>Michelle E. Kew</i>	
Section B Shoulder Impingement	109
<i>Ian J. Dempsey and Jourdan M. Cancienne</i>	
Section C Rotator Cuff Injuries	116
<i>Michelle E. Kew</i>	
Section D Anterior, Posterior, and Multidirectional Instability	131
<i>Aaron J. Casp</i>	
Section E Proximal Biceps and Labral Pathology	142
<i>Aaron J. Casp</i>	
Section F Acromioclavicular and Sternoclavicular Joint Injuries	152
<i>Michelle E. Kew</i>	
Section G Nerve Compression, Brachial Plexus Injuries.....	162
<i>Michelle E. Kew</i>	
Section H Thoracic Outlet Syndrome	171
<i>Michelle E. Kew</i>	

SECTION 3 • THE HIP.....177

Section Editor: F. Winston Gwathmey

Section A	Introduction.....	179
	<i>James B. Carr, II</i>	
Section B	Femoroacetabular Impingement (FAI) and Labral Injuries.....	188
	<i>Samuel Evan Carstensen</i>	
Section C	Trochanteric Bursitis and Iliotibial Band Dysfunction	201
	<i>James B. Carr, II</i>	
Section D	Snapping Hip Syndrome (Coxa Saltans).....	208
	<i>Samuel Evan Carstensen</i>	
Section E	Hip Abductor and Hamstring Injuries.....	213
	<i>Harrison S. Mahon</i>	
Section F	Quadriceps Injury	223
	<i>Harrison S. Mahon</i>	
Section G	Hip Dislocation.....	227
	<i>Eric S. Larson</i>	
Section H	Sacroiliac Joint Dysfunction	233
	<i>Eric S. Larson</i>	

SECTION 4 • THE ELBOW.....239

Section Editor: Felix H. Savoie

Section A	Introduction.....	241
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section B	Distal Biceps Injury	248
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section C	Distal Triceps Rupture	253
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section D	Lateral Epicondylitis	257
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section E	Medial Epicondylitis.....	262
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section F	Valgus Extension Overload Syndrome/MucI Tear	266
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section G	Posterolateral Rotary Instability of the Elbow	271
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section H	Ulnar Nerve Compression at the Elbow	276
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section I	Radial Nerve and Pin Compression at the Elbow	279
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	
Section J	Median Nerve and AIN Compression.....	283
	<i>Felix H. Savoie, Stephen G. Thon, and Mary K. Mulcahey</i>	

SECTION 5 • WRIST/HAND.....287

Section Editor: A. Rashard Dacus

Section A	Introduction.....	289
	<i>Jeffrey D. Boatright</i>	
Section B	Carpal Instability.....	300
	<i>Jeffrey D. Boatright</i>	
Section C	ECU Pathology, TFCC Injuries, Ulnar Impaction (Ulnar-Sided Wrist Pain).....	307
	<i>Daniel E. Hess</i>	
Section D	de Quervain Tenosynovitis	314
	<i>Trenton Gause</i>	
Section E	Flexor and Extensor Tendon Injuries	320
	<i>Jeffrey D. Boatright</i>	

Section F	Ligamentous Injury to the Thumb	330
	<i>Daniel E. Hess</i>	
Section G	Dupuytren Disease	333
	<i>Kevin L. Laroche</i>	
Section H	Ulnar Nerve Compression at the Hand.....	340
	<i>Daniel E. Hess</i>	
Section I	Superficial Sensory Radial Nerve Compression (Wartenberg Syndrome).....	345
	<i>Trenton Gause</i>	
Section J	Carpal Tunnel Syndrome	349
	<i>Daniel E. Hess</i>	
Section K	Hand Infections.....	353
	<i>Jeffrey D. Boatright</i>	

SECTION 6 • THE FOOT AND ANKLE..... 359

Section Editor: M. Truitt Cooper

Section A	Introduction	362
	<i>Victor Anciano</i>	
Section B	Ankle Instability and Osteochondral Lesions	376
	<i>Victor Anciano</i>	
Section C	Peroneal Injuries	383
	<i>Victor Anciano</i>	
Section D	Tibialis Anterior and Posterior Tibialis Dysfunction.....	389
	<i>Michael M. Hadeed</i>	
Section E	Achilles Tendon Injuries	399
	<i>Victor Anciano</i>	
Section F	Chronic Exertional Compartment Syndrome.....	405
	<i>Michael M. Hadeed</i>	
Section G	Lower Extremity Stress Fractures	408
	<i>Timothy Maxwell Hoggard</i>	
Section H	Hallux Valgus and Hallux Rigidus	414
	<i>Timothy Maxwell Hoggard</i>	
Section I	Morton Neuroma, Metatarsalgia, Lesser MTP Synovitis	420
	<i>Timothy Maxwell Hoggard</i>	

SECTION 7 • THE SPINE 429

Section Editor: Hamid Hassanzadeh

Section A	Introduction	431
	<i>Jason A. Horowitz, Dimitri S. Tahal, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section B	Cervical and Thoracic Radiculopathy	439
	<i>Jason A. Horowitz, Dimitri S. Tahal, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section C	Cervical and Thoracic Myelopathy	444
	<i>Jason A. Horowitz, Dimitri S. Tahal, Nicolas Shen, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section D	Cervical and Thoracic Strain.....	449
	<i>Bayan Aghadasi, Jason A. Horowitz, Dimitri S. Tahal, Nicholas Shen, and Hamid Hassanzadeh</i>	
Section E	Lumbar Radiculopathy	451
	<i>Dimitri S. Tahal, Jason A. Horowitz, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section F	Lumbar Stenosis	459
	<i>Dimitri S. Tahal, Jason A. Horowitz, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section G	Lumbar Strain	466
	<i>Dimitri S. Tahal, Jason A. Horowitz, Nicholas Shen, Bayan Aghadasi, and Hamid Hassanzadeh</i>	
Section H	Cauda Equina Syndrome	468
	<i>Dimitri S. Tahal, Jason A. Horowitz, Bayan Aghadasi, and Hamid Hassanzadeh</i>	

SECTION 8 • PEDIATRICS	475
Section Editors: Keith R. Bachmann, Dennis Chen, and Hakan C. Pehlivan	
Section A Introduction	484
<i>Keith R. Bachmann</i>	
Section B Scoliosis and Back Pain.....	487
<i>Dennis Chen</i>	
Section C Pediatric Upper Extremity.....	498
<i>Dennis Chen</i>	
Section C1 Neonatal Brachial Plexus Injury	498
Section C2 Congenital Upper Extremity Defects	500
Section C3 Overuse and Traumatic Injuries	503
Section D Pelvis/Hip and Thigh	512
<i>Hakan C. Pehlivan</i>	
Section D1 Developmental Dysplasia of the Hip	512
Section D2 Legg-Calve-Perthes Disease.....	517
Section D3 Slipped Capital Femoral Epiphysis.....	518
Section E Knee and Leg.....	523
<i>Hakan C. Pehlivan</i>	
Section E1 Knee Pain and Patellofemoral Disorders.....	523
Section E2 Intra-articular Disorders	528
Section E3 Leg Deformities	531
Section E4 Tumors.....	534
Section F Foot and Ankle.....	539
<i>Hakan C. Pehlivan</i>	
Section F1 Congenital Foot Deformities/Packaging Disorders.....	539
Section F2 Flatfoot, Cavus Deformities, Toe-Walking, and Coalitions	543
Section F3 Osteochondritis, Impingement Syndromes	544
Index	551